

But instead of worrying about the number of times we eat a day, we should focus more on the type of food that comprises each meal. There's no point eating less frequently if you fill your belly with processed, nutrient-poor options at those meals. Instead of eating at prescribed times, you should be guided by your body's hunger cues.

***So if you're not hungry, don't eat just because it's "lunchtime".***

But instead of following our appetite, we often adhere to the idea we need three meals a day.

. Psalm 146:7 He upholds the cause of the oppressed and gives food to the hungry. The LORD sets prisoners free.

Psalm 145:15 The eyes of all look to you, and you give them their food at the proper time.

John 6:35 Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.

Exodus 16:12 "I have heard the murmurings of the Israelites. Tell them, 'During the evening you will eat meat, and in the morning you will be satisfied with bread, so that you may know that I am the LORD your God.'"

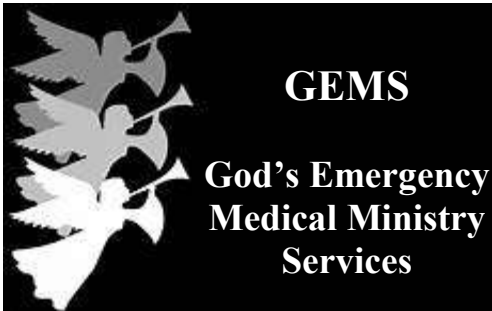
**IT'S TIME TO EAT Y'ALL!**



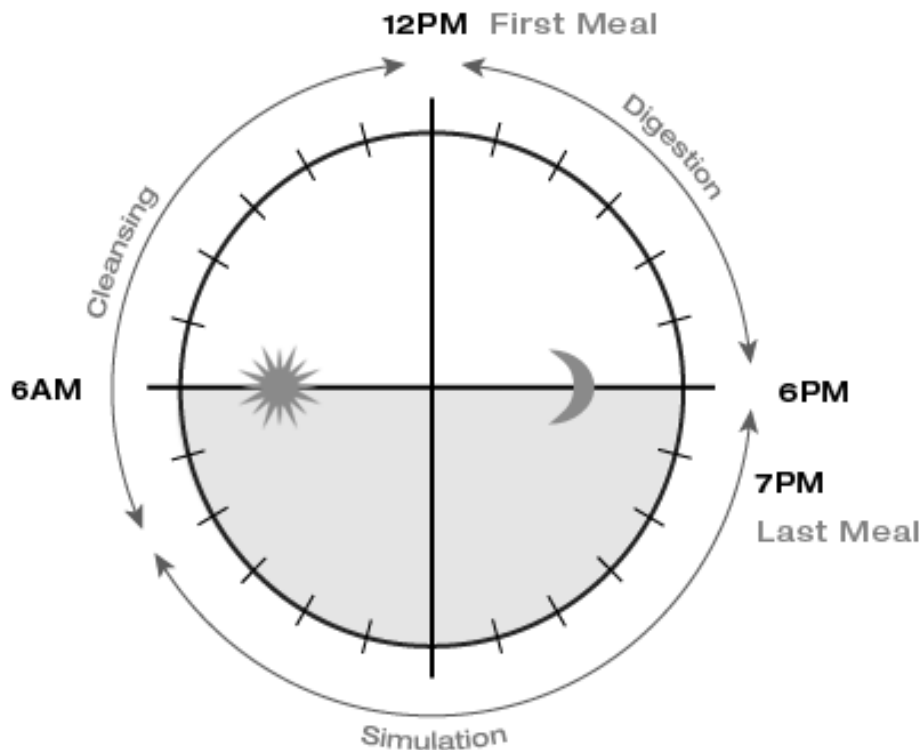
**Your First and Last Meal of the Day**

Our body operates on 3 major cycles that are necessary for the proper interaction between us and the foods we eat. Between 4am and 12pm our body goes through its cleansing cycle. At this point is where our body tries to rid itself of all the ingested toxic waste. Now you should know the reason why we have the urge for urination or have bowel movement in the mornings after waking up. Heavy meals are not recommended within this morning cycle. For it will disrupt the cleansing process and potentially jeopardize the wellbeing of our body. If you are going to eat, have only fruits and vegetable; smoothies and drinks are also fine. However the best thing to help with the cleansing process is water.

A person that "eats around the clock" often times appears to have a bulge in their gut. In a lot of cases, it is because they haven't giving their body time to properly digest its food. Imagining someone saying that they are hungry while they are filled with so much undigested food? This should tell you that something is awfully wrong here. The body is being tricked into thinking that it needs what it already has an abundance of. In this case the body is a not necessarily hungry but is having an addictive crave.



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Matthew 4:4 Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

John 6:27 Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval."



In most cases it is because of the high levels of sugar (an addictive drug) content that is in the food.

At noon, when our sun is above our heads in the sky is when our body enters its second cycle before ending at 7pm. Your heaviest meal should be taken in at this time for it is your digestion period. It is recommended to have only one meal per day. If you are not at that point in your dietary exercise try to have a heavy meal in the early day and something very light in the late afternoon. Keep in consideration that it takes about 4 hours for your food to leave your stomach and enter our intestines. This means that you should only be eating on an interval of at least 4 hours apart.

In the evening after sun down our body enters its 3rd cycle for the day. This is known as the simulation cycle. It is where our body takes our digested food and applies it to wherever needed. In every cell in our body there is an engine that is responsible for virtually everything we do. From our mental state to our physical abilities is entirely dependent upon the state of this engine called the mitochondria. The mitochondria are responsible for releasing ATP energy that controls all functionalities in our body. Why are we mentioning this? During the late evenings and onwards is when the mitochondria are slowed down so that it gets to absorb the digested minerals.

Slowing down of the mitochondria is a part of the reason why our body temperature drops. Mitochondria are also responsible for the heating system in our body. The slowing down of your cell's engine makes it vulnerable to unwanted things getting into it. All diseases states are develop by this process, by having parasitic fungus getting into your cell's engine and colonizing it. A person is very easy to gain weight at this time because food is not being digested properly but only gets into our cells unnaturally.